



APRIL

Age 50+ and Better Events

WED 02	Smoking Cessation Class (4 week series) Call 877-819-2357 to register	Boca YMCA 6:00pm-7:00pm
WED 02	Alzheimer's Research Mobile Van	Boca YMCA 9:00am-2:00pm
FRI 04	Alzheimer's Research Mobile Van	Boynton YMCA 9:00am-2:00pm
TUE 08	Field trip - Flagler Museum	Flagler Museum
WED 09	Blood Pressure Self Monitoring Office Hours	Boynton YMCA 11:30am-1:30pm
TUE 15	*NEW* Monthly Alzheimer's Support Group (no registration required - just show up)	Boynton YMCA 11:00am-12:00pm
WED 16	Blood Pressure Self Monitoring Office Hours	Boca YMCA 11:30am-1:30pm
TUE 22	Drumming for Health and Wellness (4 week series)	Boca YMCA 6:30pm-8:00pm
WED 23	Blood Pressure Self Monitoring Office Hours	Boynton YMCA 12:00pm-2:00pm
FRI 25	Senior Crafts	Boca YMCA 12:00pm-2:00pm
WED 30	Nutrition Seminar - Heart Healthy Eating	Boynton YMCA 11:00am-12:00pm
WED 30	Blood Pressure Self Monitoring Office Hours	Boca YMCA 11:30am-1:30pm

Register for programs at membership desks
Questions? Contact Robin Nierman, Director of Community Health
561-300-3227 | rnierman@ymcaspbc.org